



Left: growing can be difficult
Students share ideas for year-end significant other
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



First aid and CPR saves lives
Standard and emergency classes offered at college
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WEDNESDAY, NOVEMBER 12, 2015

CORSON COLLEGE, KETCHIKAN, ALASKA

WWW.SPOKENEWS.COM

WEDNESDAY, NOV. 12

A-wing next to be renovated

BY LARRY HEDDER

The Welcome Center at the Dixon campus is normally open with security and energy. After all, it is done hold in any of the essential safety services that students depend on. On most nights after 6 p.m., the energy is kept open until it starts all over again the next business day.

But on Nov. 9, just a short week ago, there was a very different kind of energy. During a College Board of Governors held a meeting that night at the Welcome Center and the board had their eyes set on the future of the institution.

One notable topic raised was the renovation of the A-wing. The director of the Dixon campus and university the area most in need, the renovations would come on the heels of the benefit to the C wing on the main floor which currently holds classes in the School of Media and Design. College Board of Governors chief administrative officers said the college is in the preliminary stages of planning the renovations.

"As with our other renovation at Dixon to date, our focus will be on enhancing the learning environment for students," he said.

He added the cost savings and schedule was still set to be determined although the board discussed next semester as a possibility.

The board also focused on specific areas that will be for students. Susan Lyman, the manager of the Learning Commons, delivered a presentation to the board to provide some insight into the work being done by the department. During the presentation, she discussed some of the plans for the year to come take shape in the future, including extending the department's service beyond 4:30 p.m.

"There are questions there as more we can do," she said.

The Learning Commons provides a number of different services to assist students with their academic needs. While they do have a robust online website known as the "Virtual Learning Commons," the department doesn't currently provide in-person assistance beyond 4:30 p.m.

Some changes, however, will take effect as soon as next semester. Peter Hennings, president of Corson College, said the department's staff served as chairs during the meeting and he said the renovation center is set to be fully open by early next year.

"We're working towards opening the education and recreation center as soon as possible," he said.

There changes are part of a longer expansion that started five years ago. In fact, 40 per cent more space has been added to the college over the past five years, according to college president John Decker.

The college has explored a variety of partnerships and will also discuss as part of the expansion. Dixon recently Corson College partnership with the University of Waterloo and Wilfrid Laurier to launch the Center of Excellence and Innovation in Aging on Oct. 30. The new facility is on the university's main campus and provides opportunities for students and faculty to work alongside Wilfrid staff and residents. Decker said it was a great opportunity for the college and a sign of how much the college has evolved over the past five years.

"I never would have believed it to be on that campus," he said.

Decker also pointed out that the college intends to make Corson's even better for the students.

"What we are trying to do is change the culture," he said. "We are working harder at helping students succeed."

ABORIGINAL SERVICES SERVES UP SOME GOOD EATS



Food is a basic necessity

Lisa MacDonald, an administrative support staff member at Aboriginal Services, serves lunch to three students on Nov. 11. Every Wednesday, MacDonald prepares a free hot meal for students and the next day the meals have been served to only 10. MacDonald said about 40 to 50 students come in each week.

CSI byelection adds new face to board of directors

BY LARRY HEDDER

A new face has been added to the Corson College Board of Directors as a student, former president of the board, has been elected to the board.

Due to CSI's confidentially agreement, president Jeff Wilson was unable to comment as to why there was a vacancy on the board. He said that the board would have moved on without filling the opening, however, members decided that because it was still early in the school year, they could find a new member.

Due to the confidentiality of the Spokane students, they were unable to vote for candidates. Instead, the new member of the board of directors was chosen by a selection committee. The committee consisted of the current board members, three full-time student volunteers and three CSI members. The new president, general manager and assistant general manager, a decision was made from inside by the committee on Nov. 11 after Spokane press director Rick Hamilton had to be a

full-time for paying Corson's student who had accumulated 150 student signatures and showed the approval of both a faculty member and a parent, in addition. Wilson said a candidate did not have to come from the Dixon campus and that the board members have been members of the board in the past.

"We want the director to be able to represent the college," Wilson said. "We want the director to be able to represent the college to the public." Wilson said the board members will be able to represent the college to the public. Wilson said the board members will be able to represent the college to the public.

Board of directors members are representatives of the student body, faculty, parents and community. Wilson said the board members will be able to represent the college to the public.

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Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is something interesting
that you've learned recently?



"One thing I've recently
learned is that the world record for
the longest human hair
traveled through by a
showerhead dog."

Joseph Kwan,
second-year
performance student

"CSI is trying to get rid
of your hair pieces."



Adrian Boudreau,
second-year
broadcast journalism



"Learning how to use field
cameras from Final Cut. The
professional program really
makes a difference."

Allen Elkins,
first-year
broadcast journalism

"If you get attacked by a
crocodile, just a finger in
its eye to make it let go."



Marlon Bours,
second-year
student and musician



"It's a leadership experience
I had a revelation that I'm an
energy leader and I should
own these abilities."

Morgan Perks,
first-year
design foundation

"Coke can't move their
eyes."



Matthew Stankis,
second-year
advertising/marketing

Steve Conestoga, you couldn't do that request!

FILBERT CARTOONS



By L. H. BROWN



THE FILBERT CARTOON BY L. H. BROWN FOR THE CONESTOGA COLLEGE



PHOTO BY JENNIFER DORR

The Conestoga Career Centre, located in the historic building, is in partnership with the placement centre to help people find a job. The career centre is open to the public and job seekers. Allison Jennifer Dorra and Danielle Prosser are the two staff members who are running it up the interview workshop.

Acing the interview

BY JENNIFER DORRA

There's a lot of things to take into account when trying to find the perfect job. According to Statistics Canada, around 10 per cent of the Canadian population is unemployed. At the beginning of 2015 the unemployment rate was 10.1 per cent.

The Conestoga Career Centre, located in the historic building, is in partnership with the placement centre to help people find a job. The career centre is open to the public and job seekers. Allison Jennifer Dorra and Danielle Prosser are the two staff members who are running it up the interview workshop.

"It's to prepare our clients who are job seekers with career strategies and skills."

and Danielle Prosser, the two staff members who are running it up the interview workshop.

"It's to prepare our clients who are job seekers with interview strategies and skills."

— Danielle Prosser

The workshop is a great way to get a job, but it's not limited to the unemployed. Some people come to the career centre for their current position and gain knowledge to get a pro-

motion in their company.

"I've been doing this for 30 years," said Jennifer Dorra, the coordinator for the Career Centre. "I put into the field what my own employment and how it is coming from that perspective."

"If they have a job, it's important to stay current. If they have a job, they probably wouldn't have time to come and here, but if they don't have a job, it's important to keep up-to-date in your knowledge and keep in touch with your contacts."

The Conestoga Career Centre is located at 200 Wilson St. in Waterloo and can be reached at 519-885-0000.

Mental health first aid course offered

BY MARILYN COOPER

Last year, Centennial College was one of the Top 10 first aid and CPR training partners in Ontario and the only college or university to make the list. Adam Lutz is first aid and CPR co-ordinator at Centennial College, recommends anyone who is interested in taking first aid and CPR training to take the courses at the school. They offer the standard first aid and CPR courses and an emergency course. The difference between the two is the length and the information contained. The emergency course is packed into 16 hours and covers how to deal with everyday emergencies while the standard course is 30 hours, going more in-depth about equipment, injuries and procedures.

WESB Centennial studies all workplaces must have a first aid person or an employee trained in first aid and the every day workers. The emergency course is what most workplaces require employees to take.

Lutz said most do this course as by taking the course someone can be able to help a family member or friend by knowing

what to do in an emergency course.

"They get the education to provide them the opportunity to save someone else a life. Lutz said.

Neil Frobenius, the co-ordinator of the primary care paramedic program at Centennial College said it is important to have first aid training because it will give a person the right mindset level to deal with an emergency when it happens.

"Everyone should take first aid and CPR training. It is a skill set everyone should have. Frobenius said.

Frobenius said people get the knowledge, confidence and understanding of what they can and cannot do by taking the course.

"If you understand what is going on you are less likely to be panicked," he said.

November is CPR month nationwide. Centennial College offers the month's course on Nov. 28 at Centennial College's Down Campus, Nov. 24 and 26 at St. John's Ambulance, Rutherford and Nov. 26 and 28 at First Aid 4U Training & Supply Waterloo.

Luttrell said at Waterloo is also offering Mental Health



David D'Amico and Neil Frobenius, first aid and CPR instructors at Centennial College, demonstrate CPR on a dummy on Nov. 14.

First Aid training Nov. 24, which is a course that gives people the knowledge to recognize and deal with a mental health issue. Centennial will also be offering the course in January 2012.

Robert Bender, the president and co-ordinator at Mental Health at Work said one in

three people have a mental illness and that is a significant number of people who will benefit from mental health first aid. He wants people to know that the course gives someone the best skills they would need to support and help someone in a crisis before getting

them off to a professional.

"It teaches people to recognize the symptoms of mental illness, learn to help them and guide them to get professional help," she said.

Bender said people who know someone with a mental illness need to know what to do in the event of that person in crisis or crisis.

"I encourage everyone to take it like and 'Just know' and the need also understand there are benefit many people."

The behavior it should be a mandatory course taken by students and the entire the faculty.

These courses give people the knowledge and skills to deal with emergency situations. For more information on mental health first aid visit www.mentalhealthfirstaid.ca/

To sign up or learn more about the courses at Centennial visit www.centennial.ca and click on the continuing education tab or 55 on the search bar at the top right hand corner of the page.

A family member or friend could benefit by you knowing first aid and CPR. Lutz said.

GETTING THEIR GAME ON IN THE SANCTUARY

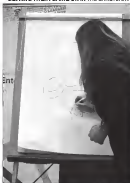


PHOTO BY MARILYN COOPER

Centennial College's first aid and CPR courses are held in the sanctuary of the 14th floor at Centennial College on Nov. 24. Adam Luttrell is the co-ordinator of primary care paramedic program at Centennial College and is also offering Mental Health

Jeans for homeless teens

BY JENNA BAKER

Homeless teenagers, regardless of the school they attend or the time in their lives, need to be supported to afford the simplest necessities of life. There are homeless teenagers right here in our community.

According to Community Housing Toronto, half of all homeless youth come from middle or upper income families.

"Jeans for Teens" is an organization that partners with Annapolis every year at the end of autumn collecting thousands of pairs of jeans for homeless teenagers throughout North America.

"I think Jeans for Teens is important because it gives us the opportunity to recognize youth we don't want anywhere and put them through a great time," said Barbara Peters, a Parramatta Mall Annapolis employee.

According to deconstructing.org, the item homeless teens request most when looking for used clothing is a pair of jeans.

Over the past eight years, the organization has collected five million pairs of jeans that were given to youth in need. Last year, 125,180 pairs of jeans were donated, with 85,496 of them being put up with the drive.

Groups of students in elementary schools and high schools throughout North America work together to collect used jeans from students and bring them to their local Annapolis. These employees then deliver them to nearby homeless shelters and houses. "These items can't afford to buy clothes and David Thibodeau, a Parramatta Mall Annapolis employee. "The every person who donates a pair of jeans has a 25 per cent off coupon for their next pair of jeans too." Throughout the year, teens contribute such as Linda Lovato, Kristina Bell and Chloé



PHOTO BY JENNA BAKER

David Thibodeau is a Centennial College employee who is participating in Jeans for Teens by taking part and used a pair to her workplace at Parramatta Mall.

Grace Moore have gotten involved.

As of December 2014, there were 200 pairs at Waterloo Region's participating business. According to the Canadian Red Cross, in 2013 there were 8,492 individuals living in emergency homeless shelters.

If interested, anybody can stop by the Annapolis at Parramatta Mall or at Centennial Mall to donate their jeans.

Volunteering is good for everybody

BY SARAH KAMMERDORN

Helping the community starts with one act of kindness. Gustavus College students who have volunteered on the community feel that it is beneficial to be involved with organizations that they feel are important.

"Volunteering can feel like a stress if you don't see the benefit to what you are doing, said Kelly Kates, a sophomore early childhood education student. "Students should find experiences where they feel well make a difference in the world or that equate to their interests."

There are a number of volunteer centers in Waterloo Region that offer students different ways to get involved.

"Volunteer NW has over 500 active positions that are updated daily on our site and Jean Fleming, executive director at Volunteer Action Centre at NW and Area.

Students can sign up for volunteer opportunities like golf

wrapping at Pearson Mall and other Santa Claus Parade participants that feel sure they will enjoy.

"Volunteering is one best skill to volunteer, but of course there are other benefits related to volunteer life styles that vary with the individual. However said.

At Gustavus College, the Career Skills can help students with volunteer questions on their computer.

"I believe that more students should volunteer in the community because it really makes a difference," said Christine Wright, a first-year business accounting student. "Not only do you learn a lot, but you also gain professional experience and grow as a person. It really tests your self-esteem."

For more information you can contact Volunteer NW at 509-743-0018 or Gustavus College's Career Skills by dropping in with questions or contacting staff via email at careerskills@nwcc.ca.



PHOTO BY SARAH KAMMERDORN

Volunteering is a great way to help the community. In the photo, a student is sitting at a desk with a computer, looking at the screen. This is a student who has volunteered at a computer center.

CROSS-COUNTRY TEAM 10TH IN NATION



PHOTO BY SARAH KAMMERDORN

It's a great photo of the two female cross-country runners who are the stars of Gustavus College's cross-country running team, which after placing second overall at the Provincial Championships, will be going to the 10th overall in the Nationals, which will be held in Cranberry, Oct. 25-27. For the video story visit www.sportsnews.com.

REWARDING THE ENVIRONMENTALLY CONSCIOUS



PHOTO BY SARAH KAMMERDORN

Volunteer Margaret Jewell speaks at the PSEU Green Solutions award ceremony held on Nov. 22. For the video story on the evening ceremony, visit www.sportsnews.com.

SCHOOL SNACKS TOO PRICEY FOR STUDENTS



PHOTO BY SARAH KAMMERDORN

Students start the day off with a hot beverage and a snack while a conference table talks the school. Students think that the price of the food in the cafeteria at Gustavus is a little high. For the video story, visit www.sportsnews.com.

Great gift ideas to woo him and her

BY NADY LEONARD

It's tough coming up with a great gift idea for your lady friend on Valentine's Day. However, you can warm her heart and rock her socks off with some of these unique ideas for your valentine.

A couple of unusual stores at Christmas Mall are only here for a limited time but have excellent gift ideas for your significant other.

Colander Club is a seasonal retailer that offers a large variety of colander games and keeps the shelves full.

"Adult coloring books are really popular this year," said Marjorie Goodwin, a customer service representative at Colander Club. "We have some hard-to-find ones but there are all different kinds like Harry Potter, Disney, and Harry Potter. Adults also like them and there are all sorts of colanders and also for the new year and that there's something for everyone."

There are also lots of different types of games like party games and drinking games for college students and students. "Personally, I haven't seen a good one yet," said the Canadian woman of Christmas Mall. "But I have seen a good one yet but it's more of a game than a game." It's up to you to decide if it's worth it.



PHOTO BY NADY LEONARD

Marjorie Goodwin, a customer service representative at Colander Club, says that the store will only be open until March 23.

She also has a game called "The Game of the Year" which is a board game that you play with your friends and family. It's a game that you play with your friends and family. It's a game that you play with your friends and family.

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and it's a game that you play with your friends and family. It's a game that you play with your friends and family. It's a game that you play with your friends and family.

The store also has a lot of other games and toys. It's a store that has a lot of other games and toys. It's a store that has a lot of other games and toys.

Christmas Mall will be open until March 23.

"We have lots of stuff for couples like photo frames, wine glasses, and lots of different types of toys and games," said Marjorie Goodwin. "We have a lot of different types of toys and games, and we have a lot of different types of toys and games."

She also has a lot of other games and toys. It's a store that has a lot of other games and toys. It's a store that has a lot of other games and toys.

There's also a lot of other games and toys. It's a store that has a lot of other games and toys. It's a store that has a lot of other games and toys.

If you're looking for a gift for your lady friend, you can find it at Christmas Mall. It's a store that has a lot of other games and toys. It's a store that has a lot of other games and toys.

AS BUSY AS A BEE MAKING WAX PAINTINGS



PHOTO BY NADY LEONARD

It's a gift idea for your lady friend. It's a gift idea for your lady friend. It's a gift idea for your lady friend. It's a gift idea for your lady friend. It's a gift idea for your lady friend.

ANNUAL PYJAMA DRIVE KICKS OFF



PHOTO BY NADY LEONARD

It's a gift idea for your lady friend. It's a gift idea for your lady friend. It's a gift idea for your lady friend. It's a gift idea for your lady friend. It's a gift idea for your lady friend.

SUPPORT PARIS BY DISPLAYING RED, WHITE AND BLUE

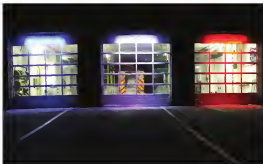


PHOTO BY GREGGEL ALLEN

Blancher Fire Rescue Inc. (about 210 Weber St. N.) was lit up with the tricolor of the national flag of France to show support after the Paris attacks by ISIS. On Nov. 12, 150 people were killed in Paris during Boston terrorist attacks.

CHOOSING THE RIGHT POST-SECONDARY PROGRAM CAN BE DIFFICULT



PHOTO BY HANNAH GALLANT

Two Crosswinds, who works in the Career Hub at Crosswinds' Dean campus, said choosing the right program is one of the most important decisions students have to make. They're also going to be working online.

ALL ABOARD THE DOON HERITAGE EXPRESS



PHOTO BY GREGGEL ALLEN

Locomotive 7, operated by the Doon Heritage Village, is the 12th of a series of 100, all of which are built by the Doon Heritage Village. It's one of the best places to see the train.

TAKE A NICE WALK IN THE PARK



PHOTO BY GREGGEL ALLEN

Blancher is a lovely, wooded area with many trees and a small stream. It's a great place to walk and enjoy the outdoors. The weather is just what you need.

Superbugs are quite nasty



PHOTO BY JENNIFER VAN DYKE/WHYY

Dr. Heidi Gendron, infectious diseases specialist at Penn State Hershey, gives a talk as part of a public lecture on antibiotic-resistant bacteria at the University of Waterloo on Nov. 12.

BY JENNIFER VAN DYKE/WHYY

A lecture dedicated to talking about what could mean a very scary future, the symposium was held at the University of Waterloo's School of Pharmacy on Nov. 12. It's not a 60-minute talk, but a speaker that goes for it is something much on other and much more likely to come to pass.

Superbugs are evolving strains of bacteria that are capable of resisting antibiotics, one of our strongest weapons against these infections. If superbugs become the norm, the threat of infection is more and less will have to adapt, and they may not be able to keep up.

I think superbugs are very dangerous and that doesn't infectious disease specialist at Grand Rapids and one of the speakers.

"It's a bit like global warming. I think that it's a problem that we underestimate at our peril. There are a million things that we do to keep people healthy and keep them alive, but if we underestimate resistance, we're not going to be able to do so.

According to Dr. Heidi Gendron, assistant professor of pharmacy at the University of Waterloo, the development of superbugs is a natural part of evolution, but a crisis at an even more global level, because of antibiotic resistance. Bacteria and viruses are fighting back, and we're not keeping up, but they have to compete harder each year because people are using antibiotics less and less.

The way to keep the antibiotic that are prescribed. It's easy to stop taking antibiotics when people start to feel better, rather than finishing the prescription. It's easy to take antibiotics when you can take with a cold or other virus. It's easy to take them when they're exactly what you need, but they're not always the right thing to take according to Gendron.

"We have superbugs at Waterloo," Gendron said, and some of them are quite nasty and deadly. "We don't have them probably as much as some of the leading hospitals do. We obviously don't have them as much as India or Asia, however." I don't think we should feel like we are a problem, but we are.

Treating them constant viruses is a challenge for medical staff. The first and most effective antibiotic that do

them choose to treat a bacteria with is often the last that the bacteria become resistant to. This means doctors with a difficult challenge in treating the infections.

"The most of the bugs we're talking about, we do have drugs that still work, including infections like community-acquired pneumonia. The problem is that compared to drugs that will work against the non-resistant bacteria, the other drugs won't work as well. We use them because they're all that will work, but they still don't work as well as the original ones. The other thing about them is they have a lot more side effects and are much more likely to be harmful and toxic to you. There are a few of those bugs where we have no drug options at all, so we're in a bit of a bind. In the 1940s because they were so toxic. When you're in an antibiotic where the resistance between us, it's really hard because we have nothing else that will treat your infection.

It's not always new drugs. Both Gendron and Gendron have hopeful outlooks and offer very simple advice to us all: "Don't stop taking your antibiotics when you think you're better."

"As a professor, it's a challenge to be an educator and to be a parent. I'm not going to be an antibiotic because I'm really sick and I don't want to make other people around me sick. I'm just going to be a doctor and I'll be a doctor and I'll be a doctor."

Gendron said, "I'm not going to be an antibiotic because I'm really sick and I don't want to make other people around me sick. I'm just going to be a doctor and I'll be a doctor."

With a prescription, you need to take it. The doctor has a good chance of giving them to you whether you actually need them or not. That's the biggest problem for me, because I'm not going to talk. It never occurred to me that my prescription could be given to me without my permission.

One of the things that both Gendron and Gendron have been important to us is to understand the importance of following the prescription to the letter. Always take antibiotics on time and it's important to make sure that the whole prescription is taken whether people feel better or not.

COUNSELLOR'S CORNER: Dropping Out

"Do I really want to be here?" Many students, exhausted by workdays, discouraged by academic needs or unsure of program, often consider leaving college. Counselors see many students who want out and hope to return later. There are things to consider before wanting to leave. Leaving may cause other problems. A sudden visit is critical in the student's life. Just say no. Contact a local with school friends who form a natural community of support. Returning to school seems a monumental task. It is a worthwhile decision.



Know the costs and consider all alternatives carefully. Consider options other than withdrawing from a program.

- Find out more about your program and the variety of possible jobs you can seek through resources such as the Career Center.
- Drop a course which is irrelevant and pick it up later. Consult your instructor before deciding to drop.
- Pick up a failed course through Continuing Education evening or summer classes.
- Discuss parties held with your co-ordinator or the program chair. (Letter to save a few tips for all).
- Apply for Peer Tutoring. The cost to the student is minimal and it works.
- Consider applying to another program within your school.
- Communicate with a parent or faculty with whom you are having difficulty.
- Ask for help from faculty or classmates.
- Seek temporary winter if home has become unbearable. Community resources are listed in Counseling Services.
- See your doctor. A sudden decline in energy may indicate a treatable illness.
- Take off a day or two to deal with personal issues if necessary.
- Take advantage of any of all service areas to assist you.

There are many other solutions that have been explored by students with a counselor. We are here to listen and help when you have us out of state. Most find they can get through with some support or leave if necessary with a plan for completing their education.

A Message from Counseling Services

JOURNALISM

Jon
Wong
Spin
Reporter

relentless.

With a few keystrokes you can sample thousands of opinions, wade in a sea of information. But as the volume increases, the accuracy and reliability of professional journalism is essential. Gathering and sorting the facts, weighing and interpreting events, and following the story from beginning to end is more important than ever.



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HOROSCOPE Week of November 27 - 30 19



Aries
March 21 - April 19



Libra
September 21 - October 23

Something big is coming soon. Don't plan for it; your experiences will make it all take better. Your head is smart, a well-planned brain will harness your wit. It's all in your ear.

You have an alert, clear mind. Take advantage of it. Think to the future, now and not an instant later. Right now. When your heart tells the truth, pull in fast as you can.



Taurus
April 20 - May 20



Scorpio
October 23 - November 21

There used to be people making their plans for the future of your coming future. The stress is building. It's time for you to relax. Go to the zoo and tell the animals your troubles.

In your past life, they advised to you in the "spirit" of nature. Find a challenge to face. Check a mountain, see a sea battle or play a matchmaker. For your future, listen.



Gemini
May 21 - June 21



Sagittarius
November 21 - December 21

The clarity of your future makes you feel the others to read. Complexity is more exciting, maybe. Carry back with you your future, your mind. You can go there to your future.

You have to be looking back. If you're not sure where your future should be, this week, try building a bridge between the two. One out of 100.



Cancer
June 21 - July 21



Capricorn
December 21 - January 19

You love your privacy and the comfort of your home, but your friends pressure you to go out to social gatherings which stress your mind. Think a friend up with an excuse and holden your own and keep out with them from the comfort of your own mind.

There's the threat of your group. This week, maybe the answer is when you tell your friends your story. They might not "right." Who cares? When your story is in the future, maybe you'll be happy taking notes.



Leo
July 21 - August 21



Aquarius
January 19 - February 18

There's a natural fear level. You usually know what's what, which others can find it putting. But, you're just looking out for them. Take the time out. When the lives of the people around you tell to themselves, you'll be there to pick up the pieces.

You love going against the current, but you also know to keep up. This week, break that. Listen and do something new. For example, watch a movie and to your husband's wife, tell her what she's doing for change?



Virgo
August 21 - September 21



Pisces
February 18 - March 19

You're an excellent story teller, but your natural abilities may have led you to become overconfident in your skills. Even professionals of abilities need practice. This week, read a picture book to an elementary child.

If you were in a role playing game, you might find that you have a high intelligence score and a low wisdom score. This week, do some people watching or try building a new March America.



Useless Facts

The average person takes a shower every 1.5 minutes.

Russia has a larger surface area than Pluto.

Ketchup was originally a fooding and company.

The "found" key (F) on your keyboard is called an "escape".

The only animal named not mentioned in the Bible is the cat.

There are more stars in space than there are grains of sand on every beach in the world.

Sudoku Puzzle

1	8		2		6			
6				3		4		8
		3		4	8		9	
8	2		1		6		9	
5			8		6	2		
		1			3		8	
	4	6		8	7		5	1
			4	5			7	2
3	7							

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Food														
Y	P	I	Z	Z	A	G	M	A	D	O	R	D	F	T
K	X	E	G	H	E	B	S	E	S	T	I	C	K	S
I	S	D	F	A	M	R	C	Z	N	N	B	K	T	S
G	R	E	S	M	K	A	S	H	Y	M	L	T	R	B
B	S	N	T	R	S	E	H	M	I	J	G	E	K	N
W	K	G	R	C	E	P	A	P	O	G	G	R	D	E
H	F	A	R	E	P	F	T	J	R	K	O	H	A	T
C	U	A	W	M	P	U	N	D	O	M	E	H	D	H
B	M	P	B	L	M	S	N	S	E	R	A	A	M	T
C	H	E	E	H	Y	I	M	R	B	G	R	L	O	K
H	D	S	R	K	Z	A	E	L	P	N	E	A	U	O
I	D	X	R	L	H	O	F	Z	F	B	M	A	Y	S
P	L	Q	I	I	Y	Q	S	E	R	Q	X	C	R	D
S	R	R	E	M	Z	Y	Q	X	I	C	D	Z	L	O
C	V	C	S	M	O	O	T	H	E	C	Y	L	R	O
J	G	I	O	V	K	W	A	P	S	Y	Z	L	N	M

- CHEESEN
- BREAD
- HAMBURGERS
- TUNA
- FRIES
- SALAD
- CHEESESTICKS
- CHIPS
- MILK
- CAKE
- SMOOTHIE
- SODA
- ORANGE
- APPLE
- PEAR
- GRAPES
- STRAWBERRIES
- MUFFINS
- HAM
- TURKEY
- PIZZA

